# Where should I seek care?

I'm sick or hurt and my doctor's office is closed.

## Schedule an appointment with your PROVIDER

#### **Acute examples:**

- COVID-19 symptoms
- Cold/flu
- Sore throat

- Backache (not severe)
- Headache/migraine
- Urinary symptoms

- Earache
- Rash

## Go to URGENT CARE

## **Urgent care examples:**

- COVID-19 symptoms
- Cold/flu
- Sore throat
- Backache (not severe)
- Headache/migraine
- Urinary symptoms
- Earache
- Rash

- Minor injuries
- Not able to get in touch with doctor for advice

# Go to EMERGENCY ROOM or call

#### **Emergency examples:**

- Chest pain
- Trouble breathing
- Sudden weakness of body parts
- Uncontrolled bleeding
- Fainting
- Severe pain

Serious injury

